



“Cross & Finish Intro”

East Central Soccer District Academy Curriculum

Curriculum Topic: Shooting

Primary Objective: To build skill w/ urgent, 1-touch volleys

Duration: 10 minutes

The Basics		<p>Organization</p> <p>Use a full-size goal and penalty box</p> <p>Players divided equally among stations 1-4, cones marking each station.</p> <p>Supply of balls at stations 1&2</p> <p><i>Use a parent volunteer for goalie.</i></p>
	<p>Activity</p> <p>1st player at station 1 serves a cross to player 3, who attempts to score with a 1-touch volley ONLY. No dribbling, no multiple touches.</p> <p>After a serve or a shot, player rotates to the next station (clockwise).</p> <p>Players keep their own score: 1 point for a cross that leads to a score, 2 points for a goal, 3 points for a volley played in the air. Play for 5 minutes and award a winner, then play again.</p>	
	<ul style="list-style-type: none"> Encourage crosser to serve ball to a point near the goal, leading the shooter (instead of serving the ball the where the 3rd station is). Shooters shouldn't leave too early; if they leave before the cross, they'll be standing and waiting for the ball. Check to the ball at the moment it's kicked, and strike a single volley on goal. Shooters might wait until the ball bounces a few times before they strike the ball – discourage this by challenging the shooter, running behind them and stealing the ball if they don't urgently move to it to shoot. Shooters coming in from the right should be striking the ball w/ their left; coming from the left, strike with their right. 	
	<p>If crossers struggle to cross to a proper spot in the penalty box, place a cone to give them a target.</p>	
Coach Pts	None	
Mod		
Progression		